



## SALMON, PINK, CANNED

Date: April 2009

Code: A802

### PRODUCT DESCRIPTION

- Canned pink salmon is packed in oil and is fully cooked. Canned salmon is made from domestic pink salmon with the skin and bones removed.

### PACK/YIELD

- Each can contains 14  $\frac{3}{4}$  ounces, which is about 2 cups or about 5 servings (3 ounces each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened salmon in a tightly covered container that is not made from metal and refrigerate; use within 3 days.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

### USES AND TIPS

- Use canned pink salmon in soups, salads, casseroles, and sandwiches.
- Canned pink salmon may be eaten hot or cold.

### NUTRITION INFORMATION

- 3 ounces of canned pink salmon counts as 3 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. A serving of tuna is about 3 ounces.
- 3 ounces of canned pink salmon provides 25% of the daily recommended amount of calcium.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 3 ounces (85g) canned salmon, packed in oil, drained

#### Amount Per Serving

<b>Calories</b>	120	<b>Calories from Fat</b>	40
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#### % Daily Value\*

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 340mg	<b>40%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	

Vitamin A	2%	Vitamin C	0%
Calcium	25%	Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet.

**SALMON CHOWDER****MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 can (about 14 ounces) pink salmon, drained
- 1 tablespoon vegetable oil
- ½ cup onion, chopped
- 3 ½ cups low-sodium chicken broth (or vegetable broth)
- 2 potatoes, peeled and diced
- 1 can (about 15 ounces) corn, drained
- ¼ teaspoon black pepper
- ½ teaspoon dried dill (if you like)
- 1 ½ cups evaporated milk

**Directions**

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.

Nutritional Information for 1 serving (about 1 cup) Salmon Chowder					
<b>Calories</b>	230	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	2 g
<b>Calories from Fat</b>	70	<b>Sodium</b>	420 mg	<b>Protein</b>	17 g
<b>Total Fat</b>	8 g	<b>Total Carbohydrate</b>	23 g	<b>Vitamin A</b>	65 RAE
<b>Saturated Fat</b>	2.5 g	<b>Dietary Fiber</b>	2 g	<b>Vitamin C</b>	15 mg
				<b>Calcium</b>	273 mg
				<b>Iron</b>	1 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).

**SALMON CASSEROLE****MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 can (about 14 ounces) pink salmon, drained
- 1 cup macaroni, uncooked
- 1 cup water
- 2 tablespoons margarine
- 1 small onion, chopped
- ⅔ cup evaporated milk
- 2 tablespoon flour
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup canned peas, drained

**Directions**

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

Nutritional Information for 1 serving (about 1 cup) Salmon Casserole					
<b>Calories</b>	320	<b>Cholesterol</b>	80 mg	<b>Sugar</b>	2 g
<b>Calories from Fat</b>	120	<b>Sodium</b>	510 mg	<b>Protein</b>	27 g
<b>Total Fat</b>	13 g	<b>Total Carbohydrate</b>	25 g	<b>Vitamin A</b>	125 RAE
<b>Saturated Fat</b>	6 g	<b>Dietary Fiber</b>	2 g	<b>Vitamin C</b>	4 mg
				<b>Calcium</b>	450 mg
				<b>Iron</b>	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).